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EXERCISES
IN
Hypnotism, Magnetic Healing,
CLAIRVOYANCE,
AND
PERSONAL MAGNETISM.

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HYPNOTISM.

The Best Subjects.

1. Young women.
2. Sensitive, but not restless, persons.
3. Young men.
4. Persons of a passive turn of mind.
5. Women are preferable to men as subjects.

To Obtain Subjects.

Explain to the persons you wish to hypnotise the harmlessness of the operation. Show them that there is really no danger. Tell them that hypnosis means only sleep. Describe to them the advantages of hypnotism, with illustrations of cases in which you have been successful. Request those whom you have hypnotised to obtain for you subjects from amongst their friends.

Qualifications of a Good Hypnotist.

1. Good health.
2. Confidence in himself.
3. An easy, self-possessed manner.
4. A determined will.

Conditions.

Select an apartment where you will not be disturbed by noises, and in which you will not be likely to be interrupted. The rooms should be comfortably warm, and free from draughts.

Tests to Try the Sensitiveness of Subjects.

1. Tell the person to firmly shut his hands. Then say, with a voice increasing in loudness, emphasis, and rapidity of speech: "Your hands are closed. They are growing tighter, and tighter, and tighter. You cannot open them. Try!" Determinedly *will* that he should not open them. While talking, hold the closed hands, and press them together. If the person cannot open them, you may be assured that he will make an excellent subject. Make the person *believe* what you say, and the suggestions will be attended with the desired results.

2. Tell the person to close his eyes and roll them upward. Now speak a formula similar to the foregoing, and in a like manner.

3. Take hold of the person's head and move it in a circle. Tell him to close his eyes and move the balls upward. Then move his head five or six times. While doing this repeat your formula. If he cannot open them, then you may proceed to put him to sleep. Tell him to relax the body, after you have seated him in a comfortable position, and to think of nothing but going to sleep.

Methods of Hypnotising.

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| I. THE GAZE. | III. BRIGHT OBJECTS. |
| II. PASSES. | IV. SUGGESTION. |

I. To acquire the power of hypnotising with the eye.

1. Look into your own eyes as reflected in a mirror.

2. Look into the eyes of persons with whom you may be conversing; not boldly and impudently, but with a quiet, steady, kindly gaze.

3. Think your thoughts, and as you speak let your eyes convey the sentiment of your soul.

4. Look, without blinking the eyes, at a bright light.

Practise the above exercises until you can perform them for ten minutes.

II. **Passes : Exercise.**—Practise the different passes before an imaginary subject seated in a chair, until you can perform them perfectly. In making the *downward* passes, *will* that your subject shall go to sleep. When performing the *upward* ones, *will* that he shall awake. Practise the passes until you feel your fingers tingle at the ends.

Breathing.—Practise deep breathing in the open air, or at an open window. Breathe through the

nostrils. Slowly and equably inflate the lungs, retain the air for four seconds, then slowly exhale the air through the nose and mouth. Make the inhalation and exhalation as long as you can. Perform the above exercise several times a day. A habit of deep breathing, when once acquired, will oxygenise your blood, and so promote your own health; while as a mesmerist it will be of incalculable value, as it will provide you with a store of vital, or magnetic, energy. Hot air, as expelled from the chest, is calming and healing. Cold air, as ejected from the lips almost closed, arouses and stimulates the patient. When applying the breath as a curative agent, it is not necessary to remove the clothing unless it be of silk.

III. **Bright Objects.**—Take a bright object—a silver pencil case will do admirably—and let your subject look at it as you hold it about four inches from his eyes. Ask him to fix his whole attention on the object, and to think of sleep. Now in a monotone say to him: “You look tired. Your eyes have a sleepy expression. You feel that you cannot keep them open any longer. You are falling asleep. You cannot keep awake. You want to sleep. Go to sleep—sleep—sleep.” When you see that he has the greatest difficulty in keeping awake, say: “Shut your eyes. Sleep, sleep, sleep.” Speak the last word in an authoritative tone, and strongly *will* his obedience to your command. As soon as your patient is asleep, tell him he is not to awake until you bid him. Now you may say to him: “Open your eyes, but you will see only me.”

IV. **Suggestion.**—Comfortably seat your subject,

or let him recline on a couch. He must relax mind and body. Tell him not to oppose you mentally, but to submit himself entirely to you. Ask him to shut his eyes, and then in a monotonous voice repeat your formula: "You are sleepy. You can't keep awake. Everything is very quiet. Now go to sleep—sleep—sleep—sleep."

Hypnotic Suggestion.—Patient complains of headache. Say to him: "You have a strong will, and can overcome this trouble. You can cure yourself. Now you are better. Your headache is gone." When you speak to your patient you must direct your address to his *mind*, not to his body.

1. Deal with him mentally.
2. Make him believe that a healthy mind will send its life-forces throughout the body.
3. Appeal to his imagination, and induce him to form a mental image of himself in perfect health.

II. To induce Sleep.—Assume a comfortable position. Rest hands over the abdomen. Breathe in such a way as to raise the hands on the abdomen. Whilst doing this slowly open the eyes, so that at the end of the inspiration they are wide open and looking upward. Slowly exhale, letting the hands fall on the abdomen, as it falls inward. In exhaling drop the eyes, and let the eyelids fall by their own weight. Repeat the inspiration and expiration, with opening and lifting, dropping and closing of the eyes, ten times. Take ten breaths in the same way with eyes closed. Alternate

ten breaths with opening and shutting of the eyes, and ten breaths with closed eyes. When the eyelids begin to feel heavy, and you feel tired and sleepy, go through the motions more easily and lazily, until you perform the motions automatically.

Auto-Suggestion for Cure of Disease.

Seat yourself in a comfortable position. Take a bright object and hold it, with your hand resting on your breast, about ten inches from your eyes. Look intently at it, thinking of nothing but going to sleep. If this concentrated gaze be maintained you will go to sleep.

II. Learn the art of making mental pictures. Look at an object, and then create a vivid image of it in your mind. When you are able to do this, seat yourself in a comfortable position, and concentrate your entire attention upon a pleasant image of what you desire, until you fall asleep. This image will imprint itself on the sub-conscious faculty, which will operate for the correction of a bad habit or the diseased condition of the body.

Suggestion without Hypnotism.

Make your suggestions twice daily : in the morning before rising, and at night before going to sleep. It will also be well to repeat them, at intervals, many times during the day. Repeat the suggestion, on each occasion, twenty or thirty times. Speak it with resolution and strong conviction. Write your affirma-

tion on a piece of paper and read it aloud at every opportunity, *thinking* the thought, and also willing and believing, and expecting its realisation.

To Heal others by Mental Suggestion.

Possess a desire to effect a cure, and concentrate your mind on the patient, and the work you wish to accomplish, before you go to sleep. Then your soul will be employed during sleep in making healthful suggestions to the invalid. You must clearly understand that the soul is distinct from the body, and that the suggestions must be made from soul to soul. This method of treatment is said to be as beneficial to the healer as to the patient. To break a person from a pernicious habit, make mental suggestions to him that he will at once desist from it; that he does not care for it; that he cannot do it; and others to the like effect. You need not mention your intention to the object of your solicitude. By giving him mental suggestions he will be strengthened, and will leave off the bad habit. It is not enough to *wish* him to reform: you must resolutely *will* his reformation. Clearly picture in your own mind the effect you would produce, and try to speak it into the very soul of your friend.

MAGNETIC HEALING.

Baron Reichenback discovered, and many other scientists after him have corroborated the fact, that a sensitive placed in a dark room could see a magnet emit a blue light at its north pole and a yellow-reddish light at the south pole. If living persons were admitted into a dark room, he would see that the bodies of those persons emitted a blue light at their right side and a yellow-reddish light at their left side. Further, the sensitive will see flame-like lights shoot forth from the eyes, the mouth, the nostrils, the ear, and the finger-tips of each person, varying in length from five inches to several feet.

If the human body were divided vertically by a straight line, the right-hand half would be positive and the left negative. The right hand is positive, therefore, and the left negative. A positive controls a less positive or negative. This power is noticeable in all organized beings, the higher the intelligence and the stronger the will the more positiveness, and such a nature controls or dominates one less highly endowed.

Let me here remark that a magnetic healer should be the possessor of a strong will, full of magnetic energy and in good health. If his health be bad he may transmit his ailment to his patient; and if he be deficient in nervous energy, the strain upon his system will be greater than he can bear, and exhaustion will ensue.

To transfer magnetism from your own system to that of another person, your hands must be warm. To warm them, hold the patient's hands in yours for a few minutes.

To test your magnetic power, you may try the following experiment. Hold a person's hands, place the thumb of your right hand between the third and little finger of his left hand, and your left thumb between the third and little finger of his right hand. You will then be in communication with the ulnar nerve of the person. Make your right hand the positive pole and your left the negative. Make a slight quivering motion with the right hand, keeping the left perfectly still. Now strongly *will* that a current shall pass from your body into his. If he be at all susceptible, he will feel a tingling sensation in his left arm. If he be highly sensitive, the sensation will pervade the whole of his body. The magnetic force escapes from all parts of the body and radiates around us, modifying everything about us. But certain parts of the body give out more than others. The three principal sources are: the hands, especially the palms and fingers; the eyes—the gaze; and the lungs—the breath.

In magnetism the hands are the poles; they also largely direct the magnetic waves in their movements towards the organ which our thought indicates. In curative magnetism there are three principal movements: *Passes, Imposition, Application.*

Longitudinal Passes are always made downward. Begin at the top of the head and proceed down the length of the trunk. The hand flat, the palm down.

Do not employ any muscular force. Move downward with fingers slightly separated. On reaching the end of the pass, close the hands, and bring them up to their former position with a circular sweep, and repeat the movement. Let your fingers be three inches from the patient.

Use of the treatment. It soothes the subject and imparts a comfortable sensation. The pass should take half-a-minute to execute.

Performed a little faster, at a distance of ten inches, it stimulates.

Performed very fast, at a distance of fourteen inches, it stimulates the system, clears the head and chest, warms the extremities, and carries off humours.

Transversal Passes. Cross the forearms at the middle of the chest, hands open, and facing the patient, thumbs down, fingers a little apart. Now, spread out arms a little, and rotate the hands, with arms opened, so that the palms face the patient, with thumbs upward. Next extend arms laterally to their full length. Bring hands to first position, and repeat quickly.

The above passes are usually made above the head, on the face and chest, on the sides, the spine and the legs.

Use. They are calmative, impart a pleasant glow, and are beneficial in cases of congestion.

Imposition. Hold the palm of the hand at a distance of four inches, for five minutes, from the organ you wish

to affect. Imposition is usually performed with one hand, but both may be used. It has a stimulating effect, when the right hand is presented towards the left side, and the left hand towards the right side.

Imposition of the Fingers. Use right hand, fingers extended, slightly apart, for the same time and at the same distance, towards the organ you wish to operate on.

Rotatory Imposition. Used to produce a powerful effect. With hands and fingers as before, make a concentric movement round the part you desire to act upon, from left to right.

A still more powerful effect will be produced, if with the fingers as before, you make, instead of circling, a movement as if you were boring a hole.

Use. Imposition stimulates the functions, when performed in an isonomous position.

Maximum of action reached by use of perforating imposition combined with hot breathing.

Use first method when it is desired to slightly stimulate or regulate any function of the body. The second when it is necessary to excite them.

Rotary and perforating imposition are useful in obstinate constipation, congestion, obstruction, tumors, and extreme debility.

The last method should not be used at the commence-

ment of treatment, as it augments arterial action, and may in the case of hysterical patients lead to convulsions.

In curative mesmerism, next in value to knowledge and skill is perseverance. Novices often think that if marked results are not produced at the first sittings, the practice is not worth pursuing further. This is one of the stumbling-blocks in the way of a just appreciation of their powers. They must cultivate faith in their own powers and in the beneficent effects to be produced by magnetic healing. In the operation of this science, two things are essential conditions : a commanding will in the healer, and implicit faith in the patient.

CLAIRVOYANCE.

Lesson I.—Relaxation.

Choose a room in semi-darkness. If you practise in the day-time, draw down the blinds; if in the evening, have a lamp with a dark shade. Sit down, and relax both mind and body. Close your eyes, and endeavour to compose yourself. Be passive—banish thought from the mind, and let the body be at rest. Perform this exercise daily for 15 minutes until you have thoroughly mastered it.

Lesson II.—Visualization.

1. Look at a single object in the room; form a mental picture; then fix your eyes on the centre of a tumbler of water, and externalize the picture in the water. You must guard against all reflections. Seat yourself about four inches from the tumbler, so placed that the centre will be on a level with your eyes.

2. Enlarge your picture, taking in two or three objects.

3. Look at a picture or a photograph very closely; take in all the details; shut your eyes, compose a mental view of it, then gaze steadily into the glass until the picture is visible there.

4. Select suitable passages from the poets, compose a mental picture ; when with your eyes shut you can see the picture, open them and gaze into the water until the scene is produced there.

Lesson III.

Go over the above exercises, observing the same order in the performance, but seeking a vision in the glass without first forming a mental picture.

Lesson IV.

Seat yourself ; thoroughly relax, and then after the expiration of a few minutes, look steadily into the glass—not from the top, but at the centre. In from fifteen to thirty minutes, you will observe lights, shadows, clouds, &c. At first they will be vague and fleeting, but if you only persevere, day by day, they will gradually become more distinct and less evanescent.

When you have reached the clairvoyant stage, a haze will appear on the surface of the water, and gradually rise and clear. Clouds, lights, and shadows will appear. Some will come from the right and move towards the left ; others will start from the left and advance in the direction of the right. Those proceeding from the right will be real. Should you wish for an explanation of the phenomena, you can interrogate—your questions should not be spoken ; think them. If the forms ascend, the answer will be in the affirmative ; if they descend, the answer will be a negation.

It takes time and perseverance to make a good clairvoyant.

Lesson V.

Get a friend to place an object in the room under cover. Gaze at the cover and then into the water, and wish and will to see the object.

Lesson VI.

By the same process, endeavour to read books that are kept closed.

Lesson VII.

Vary the objects gazed at, and also by degrees the regularity and monotony of the surfaces.

Lesson VIII.

Endeavour by concentration to see scenes, persons, and places, without the aid of the glass of water, by gazing intently upon any object.

N.B.—When you are anxious about anything, look earnestly into your crystal, and will resolutely to receive an answer to your questions.

PERSONAL MAGNETISM.

It consists of (1) Physical Control ; (2) Mental Control ; (3) Control of others.

I.—Physical Control.

1. Sit still and motionless as a statue. Practise until you can do it for ten minutes.
2. Stand immovable until you can do it for several minutes.
3. Look at some object on the wall ; do not move your body, or remove your eyes from it, for several minutes.
4. Hold the right arm immovable, in front, at the sides, and vertical, for several minutes. Head, eyes, and body must be perfectly motionless.
5. Perform the same exercise with the left arm.
6. Hold a florin between the thumb and little finger, in the above positions, for several minutes. Keep your eyes fixed on the coin.
7. Repeat the exercise with the left hand.

8. Hold the coin between the thumb and third finger, then between the thumb and the second finger, then between the thumb and the first finger.

9. Repeat with the left hand.

You may not be able to hold it for more than half a minute at first, but with perseverance, you will accomplish what you desire.

II.—Mental Control.

Fix your whole attention on *one* thing; let nothing divert your mind from it. Be determined. Do not give way to wandering thoughts.

1. Take in your hand an artificial object—a pencil-case, say—think of nothing else. Do not remove your eyes from it. Turn it over, looking most carefully at it. Observe its material, construction, component parts, and mechanism.

2. Choose each day fresh objects for the practice of concentration. The less interesting the object the better, as it will require more effort on your part to fix your attention upon it.

3. Look at a picture or a landscape, and then bring it before your mind's eye detail by detail.

4. Take a word—honour, truth, justice, &c.—and not allowing your thoughts to wander, slowly and elaborately evolve it in its full meaning, and in all its bearings.

Generation of Nerve Force.

I. Every morning, before rising, lie flat on your back; fully inflate the lungs, breathing through the nostrils; retain the air for three or four seconds, and then slowly exhale, drawing in the stomach and lower ribs, thus expelling every particle of air. Repeat twenty times. Perform this exercise very slowly and carefully.

II. Stretch and make rigid the whole body, beginning at the feet and advancing to the hands. Do this very slowly. Repeat six to eight times.

III. During the day perform the following exercises, two or three times, breathing as directed between each movement:—

1. Stretch and make tense the right arm, in various directions.
2. The left.
3. Both.
4. The right leg.
5. The left.
6. Both.
7. The chest.
8. The neck.
9. The muscles of the head.

Repeat each movement six times.

Exercises for the Eyes.

1. Pin some printed matter on the wall. Stand at such a distance from it that you can read it easily.

Gradually increase the distance as the sight becomes longer.

2. Pin a small piece of paper on the wall, and gaze steadily at it for one minute. Gradually increase the time to ten minutes.

3. Gaze into your own eyes as reflected in a mirror.

4. Get a friend to allow you to look into his eyes. Practise this exercise until you can do it for ten minutes.

5. Standing a few feet from the piece of paper pinned on the wall, move your head from left to right, and from right to left, keeping your eyes all the time on the paper.

Exercise for the Voice.

1. To acquire a hearty, genial voice, shut yourself up in your study and repeat such sentences as : “I am glad to see you ;” “I hope you are well ;” “I wish you good morning ;” until you are satisfied with the result.

2. The voice has two sides : its dark and its bright. The bright side has clear, brilliant, happy tones. The dark side delineates solemnity, gloom, sadness. It is full of soul—emotion.

The bright side is unemotional, light, superficial. The dark side is rich in feeling, and resonant ; it has great power over others.

To acquire the dark tones, make a distinction between a happy and a gloomy tone.

Repeat the following phrases in a slightly elevated pitch:—

“I am so happy.”

To be said with the utmost cheerfulness and animation.

“I am so sad.”

To be said with the utmost gloom—almost a moan.

3. Acquire the habit of reading aloud when you are alone. Try to modulate your voice to suit every shade of meaning. Watch good speakers, and you will learn wherein your voice is deficient and how you can improve it.

Exercise for the Hand.

There is a negative, lifeless, unmagnetic touch in hand shaking, and a magnetic one. Cultivate the latter. Think and feel, “I love you!”

In shaking hands bend slightly forwards, with your eyes resting just above the nose, where the organ of individuality is situated. After warmly pressing the person's hand slowly relax your grasp. In doing so slowly glide your fingers over the palm of his hand.

The Cultivation of the Will.

I. Write in a clear, bold hand on a slip of paper a formula, suited to your particular case and wishes, somewhat similar to the following: “I possess will-power; it shall be felt; I will surmount difficulties; I will succeed in my undertakings; I will rise in the world.”

Learn the words by heart. Many times every day read them, and then silently repeat them to yourself. Read them very thoroughly and with a resolute determination to adhere to them for the rest of your life.

2. Think of some person towards whom you feel a strong dislike. Resolve to like him, and in order to do so ignore the bad traits in his character, and dwell exclusively on his amiable and meritorious ones.

III. Think of a very unpleasant episode in your career. Dwell on it until the picture vividly possesses your mind, and the pain you experienced at the time is revived. Suddenly dismiss the whole subject from your mind, and direct your entire attention to some pleasant subject, until you feel in a happy mood.

When you have gained this control over yourself, begin to practise the control of others.

1. When walking down the street, *will* that a person in front — about three yards is the proper distance — shall turn round and look at you. While willing your eyes must be fixed on the back of the neck, about where the hair ceases to grow.

2. Will that a person sitting in front of you at a meeting turns round and looks at you. The eyes must be directed as before.

3. Will that a person who approaches you in the street from the opposite direction shall turn round and retrace his steps. You must look at him and mentally issue a strong command. Similar experiments can be

tried with persons seated in tram-cars and railway carriages, or at windows. You may look at the person and *will* that he should look at you.

A strong will is not synonymous with flurry, hurry, restlessness and excitement.

Go at least once every day into the retirement of your private room, and after thoroughly relaxing, concentrate your very soul for some minutes on a formula like this: "I will not hamper myself with any habit, or associate with any person, that will retard my mental and moral development. I will not be depressed by trifles. I will not pursue worthless objects. I will maintain my mind, under all circumstances, in a state of self-possession. I am determined to be a noble man or woman. What I desire, I will do. I will be, in the world, a power for good. I will look to God for spiritual insight. I will observe His teaching, and I will labour to attain His reward."

THE END.